



LENT

Faith Conversations

Week of March 15-21

SUNDAY READINGS: *1 Samuel 16: 1, 6-7, 10-13; Psalm 23; Ephesians 5: 8-14; John 9:1-41*

ADULT REFLECTION

This week's readings have a theme of seeing and light. In the first reading, God chooses the unlikely candidate David, as king; because "not as man sees does God see." The second reading calls the first Christians at Ephesus to "live as children of light" and the Gospel tells of the healing of a blind man.

To this man born blind, Jesus reveals himself as the Light of the World, the Son of Man (a title affirming his humanity but also his identity as the Messiah. See Daniel 7.) Jesus' compassion and openness to this man is contrasted with his "you are saying, 'We see,' so your sin remains" statement to the Pharisees. But it makes sense. Jesus looks into the heart. Only the hearts disposed to see can benefit from the light Jesus shares with all. He's actually trying to cure the Pharisees' blindness too.

The Pharisees' hearts "have all the answers" and are disposed to judge others—including Jesus—from their narrow perspective. The blind man's heart is open, knowing he doesn't have all the answers, and is disposed to seek and believe.

Reflection Questions:

- How is God calling you to greater openness and belief?
- What are your blind spots that you need Jesus to reveal and heal?

FAMILY CONVERSATION STARTERS

Talk about what it would be like to be born blind. (You might even take turns together walking around blindfolded.) What do you think it means to be spiritually "blind" or to "see" spiritually — with our minds and hearts? Might we be spiritually blind in some ways?

In this week's Sunday Gospel, Jesus calls himself the Light of the World. How does Jesus help us see? How can he heal our spiritual blindness?



PRAYER

Jesus, you are our Light! Thank you so much for the gift of seeing — physically and spiritually. Show us yourself this Lent. Strengthen our faith and open the eyes of our hearts to the needs and the goodness of others. Amen.



FASTING

Judging others' behavior is a natural part of figuring out the kind of person we want to be. It becomes unhealthy when we condemn what we can't know or use our comparisons to excuse or protect ourselves, or if we harden our hearts towards those we judge "less" or "wrong." Where are you prone to be judgmental of others in an unhealthy way? Give up such thoughts/comments this week.



ALMSGIVING

Bring light to someone in darkness this week. Read to an elder who can no longer see well, support an institute for the blind, call someone you know is struggling with spiritual darkness to listen and lend support, or send a relative an uplifting book with a note.



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